Ways to control appetites and cut calories

By SHIRLEY W. WALTON
Extension Agent

These are suggestions compiled from DEB (Diet, Exercise and Behavior) class discussions on how you can control appetities and cut calories:

1. Write down on paper what you eat with the amount of calories.
2. Watch the snacks between meals -- choose only low calorie ones.
3. Chew your food slower and longer.
4. Talk more during the meal.
5. Try sugar-free drinks.
6. Use skim or low fat milk in place of whole milk.
7. Drink a glass of water before eating or when hungry instead of eating.
8. Call a friend or stay busy.
9. Take a walk with someone when you are hungry.
10. Place on the refrigrator door a picture of a pretty model or a fat lady.
11. Ask yourself, "Does Jesus want me overweight?" when the hand goes in the refrigerator.
12. Drink iced tea without sugar instead of soft drinks.
13. Put off snacks 30 minutes everyday until snacktime is demolished.
14. Take stairs instead of an elevator.
15. Put a picture of yourself when you were smaller on the refrigerator to remind you not to eat.
16. Brush your teeth immediately after meals.
17. Stay busy.
18. Try to eat in only one area of the house.
19. Do your nails.
20. Cut up carrots, cauliflower and celery in the morning for munching during the day. They are delicious to munch on while cooking and are very nutritious, too.
21. Write a letter instead of eating.
22. Plan your meals with a menu and have calories already counted.
23. Exercise every morning for a set length of time which is suitable for you.
24. Use a measuring cup to measure amounts of food.
25. Cut out high calorie foods.
26. Cut down on portions and use a smaller size plate.
27. Buy prepriced foods so the amount you eat is accurate.
28. Put some peanut butter on a clery stick when making peanut butter crackers for your children. No cholesterol and good protein.
29. Park the car at one place at the shopping center and walk from store to store -- instead of driving.
30 Drink coffee without sugar and cream.
31. Walk after the evening meal.
32. Jump rope if you can do so without doing any harm to your physical structure.
33. Use mustard instead of mayonnaise whenever possible.
34. Eat an apple as a snack.
35. Cut down on bread (75 calories per slice.)
36. Make homemade soup using low calorie vegetables.
37. Should you not feel satisfied after a regular meal, drink a glass of water.
38. Concentrate on doing something enjoyable when you feel hungry.
39. Try ovaltine hot chocolate -- just 50 calories per serving.
40. Drink a cup of hot bouillon -- just 5 or 6 calories.

These suggestions will be continued next week. Many thanks to the DEB Class participants for their permission to share these good ideas.

Good news for homemakers

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, VA 24522.

Have a good week!

RECIPE OF THE WEEK
Upside Down Hamburger Pie

½ pound ground beef
1 onion, chopped
¾ cup chopped celery
¼ cup chopped green peper (Optional)
1 can (8 oz.) tomato sauce or use homemade tomato juice
1 tsp. Worcestershire Sauce
½ tsp. salt
Dash of pepper
½ recipe Stir-N-Roll Biscuit Dough (Last Week's Recipe of the Week)
1 Tablespoon chopped parsley
½ tsp. celery seed

Heat oven to 450°. Brown meat. Add onion, celery and green pepper. Cook 5 minutes. Stir in tomato sauce, Worcestershire sauce, salt and pepper. Turn mixture into an 8 inch oven proof fry pan or 8 inch round cake pan, 1½ inches deep. Make stir-n-roll biscuit dough, adding parsley & celery seed to flour. Roll into 8 inch circle. Place over hot meat. Bake 15 minutes. Remove from oven, let stand 5 minutes. Invert on plate. 6 servings. 290 calories each. (Hazel's hint: I pat dough to fit bottom of cake pan and then remove before adding meat. Then replace on top of meat.) Thanks to Hazel Saunders for sharing this delicious recipe.

Blue mold threatens crop

Blue Mold does pose a major threat to the 1980 tobacco crop because of the wide distribution of the disease in the field last spring. Plant bed treatment is essential this year.

Beds that are covered with cheesecloth should be treated when plants are the size of a dime.

Beds covered with perforated plastic, Reenay and Nylon may not require treatment until covers are removed. Reason for this is that these covers are tighter causing the temperature to be higher which helps prevent the disease.

A special label has been obtained for Ridomil 2E, a new type soil applied fungicide that effectively controls black shank and blue mold.

Black Shank label is for flue tobacco only, while the blue mold label is for all types. If black shank is the disease to be controlled, a resistant variety must be used.

For blue mold control in flue tobacco, the rate is 1-2 quarts per acre. Other types of tobacco requires 2 quarts incorporated in top 2-4 inches of soil.

Ridomil may be tank mixed with a number of other insecticides and/or herbicides. Read the label in detail.

Ridomil will be in short supply and the estimated cost is $110/gal. +.

Tobacco growers should be alert for a **Timely Tobacco Topic** this week that has more details about the blue mold problem.

* * *

Last week you may have noted radio and TV acknowledgment of Agricultural out against rising food costs without ever understanding or ever appreciating how food is produced.

* * *

There are about 1700 head of cattle to be sold at the first feeder sale April 3. The second sale will have about 1300 head for April 17.

Farmville expects about 500 head for their April 10 sale.

* * *

The question has been raised about the value of Boron on alfalfa when the cost is $2.75 a pound.

George Hawkins, Plant Fertility Specialist, says: 1) 400 pounds of alfalfa will pay for it; 2) We consistantly get yield increases from Bgron application in the research on alfalfa; 3) It could be left off and check tissue levels with the new tissue testing. If it is deficient, you would have an unrecoverable loss of hay.

Day.

Many farm and agribusiness leaders have recognized the need for telling the Ag story to the consumer. Agriculture is the nation's largest industry -- but may be the quietest. A lot of consumers continually speak

Red Cross drive starts April 4

Appomattox County Red Cross Fund Drive will be conducted April 4 through April 30.

During this time persons serving on the fund drive committee will be making contacts with businesses, churches and individuals throughout the county to ask for their support of the Red Cross.

American Red Cross services help people avoid emergencies, prepare for emergencies and cope with them when they occur. Please give as much as you can. We need your help for our county.

The goal for our county is $1,939.00.

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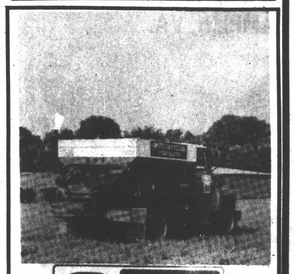
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P205/75R14	FR78-14	$68.30	$2.48
P215/75R14	GR78-14	$69.75	$2.58
P225/75R14	HR78-14	$72.90	$2.81
P195/75R15	FR78-15	$66.75	$2.32
P205/75R14	—	$69.95	$2.57
P215/75R15	GR78-15	$71.90	$2.75
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9.00-16.5	D	$88	$4.48

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Wreck Island homemakers hold meeting

By MRS. TILDEN LEE

The regular monthly meeting of the Wreck Island Extension Homemakers' Club was held in the home of Mrs. Zolene Harden on Wednesday, March 19, at 1:30 p.m.

The meeting was called to order by the president, Mrs. Dixie Staten.

Devotions were given by Mrs. Harden with a reading topic "The Acid Test", taken from the book, **God In My Kitchen** by Dorothy C. Haskins. She also lead in prayer.

Mrs. Staten led the group in the "Homemakers Creed."

Members agreed to put a book in Hebron Church library in memory of Mrs. Eloise Wheeler, a deceased charter member.

A contribution for "Special Olympics" has beeh sent to Mrs. James Ford.

Mrs. Virginia Tyler will help with the County Clean-Up campaign. The committee will meet on March 31, at 7:30 p.m. at Memorial Methodist Church in the assembly room.

Mrs. Ruth Carson - Federation Goal Leader, gave a interesting program on "Art of Springtime" and "Art of Slowing Down", reading a prayer, "Lord Slow Me Down."

A demonstration on "Parenting", was given by Mrs. Marie Carson.

The hostess, Mrs. Zolen Harder, served delicious refreshments to the 13 members and guests and a social hour was enjoyed by all.

Members will meet in the home of Mrs. Rose Burnett on April 16 at 1:30 p.m. for their monthly meeting.

First PAP test clinic termed a success

The first P.A.P. test clinic for women of Appomattox was held Sunday afternoon at the County Health Department and was termed a success by all those involved.

Jointly sponsored by the American Cancer Society and the Appomattox County Health Department, Mrs. Brenda Richardson, director of the Health Department, and Mrs. Janet Noble, president of the American Cancer Society unit, were in charge. They were assisted by a local medical team and volunteers.

The doctors, A. A. Fratrick, Clyde G. O'Brien, J. A. Mathews and Kenneth Powell were assisted by Mrs. Janet Black, Mrs. Millie Trent, Mrs. Ann Sefter and Mrs. Beckie Fox, the nursing staff.

Mrs. Becky Lawson, Mrs. Pam Bryant, Mrs. Elizabeth Harris and Mrs. Thresa Godsey, Jr. Women's Club Health Committee, assisted with registration, along with Appomattox American Cancer Society board members, Mrs. June Chenault, Mrs. Norma Chuchek and Mrs. Pat Noble and Mrs. Millie Roach.

The purpose of this clinic was to stress to women the importance of having this test for cervical cancer along with a regular checkup for life saving reasons.

It is the American Cancer Society's main goal to have all women educated to the facts and symptoms of cancer and stress early diagnois and treatment.

Approximately 13,000 American women die of uterine cancer each year, and 75 percent of these fatalities result from cervical cancer, which is almost 100 percent curable when diagnosed early and treated promptly.

Jones named Extension District chairman

Dr. C. Clark Jones of Appomattox has been named district chairman of the Virginia Cooperative Extension Service, East Central District.

The East Central District is composed of 19 counties and the cities of Lynchburg and Charlottesville. It is one of six Extension Service districts throughout the state.

Jones will supervise and coordinate all Extension Services programs in the district. The programs of which he will be in charge include 4-H, agricultural and natural resources, family resources, community resource development, and technical resources.

In assuming his new post, Jones said, "One of the most exciting challenges facing me, and all the people of the East Central District, is completion of the new Holiday Lake Continuing Education Center in Appomattox."

Jones continued, "When completed, the Holiday Lake Continuing Education Center will accede to facilities that can accommodate 400 people for every type of meeting, training session and seminar in a beautiful natural setting."

A Chesterfield County native, Jones moved to Appomattox earlier this year. He is married to the former Betty Lynne Hines, and they have two children, Page, 12 and Hanna, 2.

Bloodmobile comes April 8

The Bloodmobile unit will visit Appomattox Tuesday, April 8, for its regular donation stop.

The unit will be at Liberty Baptist Church from noon to 6 p.m.

The blood quota from Appomattox is 100 units. Residents are urged to donate blood for this worthy cause.

Brunswick stew supper slated

Bethlehem United Methodist Church in Concord will hold a Brunswick Stew Supper this Saturday from 5 p.m. to 7 p.m.

The event is being staged to raise money for the youth fund.

Plates, including stew, cole slaw, a drink and chips are $2.75.

Stew sold by the quart will be $3.

County Farm Bureau fashion show slated

Now is the time to start making your garments for the Appomattox County Farm Bureau Style Revue.

There will be a Junior Division through 21 years old, and a Senior Division (22 years and over), Garments must be made of 100 percent cotton or blend of 60 percent cotton or more. Prizes are being offered. More information will be sent out later.

The Farm Bureau cookbook, "What's Cooking in Farm Bureau Kitchens," has been so successful that plans are being made to publish another all-new cookbook. Enter your favorite recipes now. All recipes must be received by the committee. no later than May 1, 1980. Entry forms may be picked up at the Appomattox County Farm Bureau office or will be mailed to you by calling the following number: 352-7851.

Happiness Is 4-H

The County Junior 4-H Demonstration - Illustrated Talk program is scheduled for this Saturday beginning at 9:00 a.m. at Appomattox Elementary School. The program will be held in the classrooms on the lower hall of the school. Most of the 4-H'ers will be finished with their demonstration by 11:00 a.m. Parents are encourated to attend the program with their 4-H'ers.

Winners from Saturday's program will have an opportunity to represent Appomattox in an area contest to be held April 26.

* * *

While the above Demonstration - Illustrated talk program is being held, five 4-H'ers will be on the Virginia Tech Campus in Blacksburg to participate in a statewide 4-H Meats Workshop. Brett Marston, David Short, Paul Humbles, Sheila Mullins and April Talbot will be participating in the workshop designed to help young people understand the meat industry. Brett, David, Paul, Sheila and April are members of Appomattox's 4-H Meats Team.

* * *

All Lucky Clover 4-H members are reminded of the Special Cardio Pulmonary Resuscitation (CPR) training session scheduled for Monday evening, March 31, at 7:00 p.m. in the Library of Pamplin Elementary School. All members are urged to attend.

* * *

Last Friday was the deadline for applications to the 4-H Business Management Workshop to be held at Holiday Lake 4-H Center, May 2-4. Eight 4-H'ers have applied to atend the program. Selections will be made by the end of March.

* * *

Senior 4-H'ers have until Monday, March 31, to sign up for Citizenship Washington, DC Focus. This week-long National event, held at the National 4-H Center in Washington, provides many opportunities to understand the functions of our federal government. Additional information is available from the Extension Office. This year's program will be July 13-18.

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U. D. C. recognizes Miss Gordon

Several members of the Appomattox Chapter of the United Daughters of the Confederacy recently visited with Miss Lennie Gordon, one of the local Real Daughters of a Confederate Veteran. She is one of eight children of the late Lee V. Gordon, Confederate soldier who enlisted in Richmond, Va. The fateful events of 1865 brought him home again as he was among those who surrendered here in Appomattox, the county where he had lived most of his life.

Miss Lennie is most alert and active as she awaits her 85th birthday on Oct. 3 of this year. She related an incident told to her concerning her father's homecoming from the war. On seeing Soldier Gordon nearing his home, her grandmother rushed out to meet him. But before they entered the main house, she took him to a building in the yard, gave him a haircut, a good bath, and then provided him with clean clothes, hand sewn and made for his homecoming. They then proceeded to make their way into the main house for a warm and emotional welcome home from the entire family.

Soldier Lee Gordon was 45 years of age when he entered the services, and unmarried. On returning home he married Betty Almond and they were the parents of a lovely family. Miss Lennie was next to the youngest child, with brother, Dr. Braxton Gordon of Martinsville, W. Va., the youngest. The other brothers and sistrs, now deceased, were Mrs. Mary Nicholas Turnes, Mrs. Lora Ann Mitchell, Delbert Gordon, Leslie Gordon and Linwood Gordon.

Miss Lennie now resides in the home of Mr. and Mrs. W. D. Christian of Rt. 3, Appomattox, both of whom had grandfathers who served in the War Between the States.

Boosters Club to meet

The Booster Club will meet Monday evening at 7:30 in the Appomattox County High School Library.

Members are urged to attend this meeting.

Pancake supper slated in Pamplin

Pamplin Charge United Methodist Men will have a pancake and sausage supper at the Pamplin Fire House on March 29 (Saturday), starting at 4:30 p.m.

This will be an "all-the-pancakes-you-can-eat" affair, so come with an empty stomach.

Price of admission to the eat is $2.25 for adults, $1.25 for children.

Rustburg christian chorus will visit Pamplin

The Rustburg Christian Chorus will visit Pamplin for one of three performaches slated during the Easter season.

The Chorus will be in Pamplin at the Beale Presbyterian Church April 3, starting at 7:30 p.m.

The Chorus will also be at Bethany United Methodist Church March 30 at 8 p.m., and at Diamond Hill Presbyterian Church April 6 at 8 p.m.

Accompaniment will be taped piano and orchestra music with Roy Blankenship as technical director.

Soloists are Pearline Douglas, Bob Winston, and June Keesee.

Scripture readings will be presented between selections which include "The Holy City," God So Loved the World," The Hallelujah Chorus," "Because He Lives," and "Were You There."

The public is invited to attend the event.

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